

IDPH TUPC Material Order Form (updated 12/21/21)

PLEASE EMAIL YOUR ORDER TO TobContactUs@idph.iowa.gov




NAME: _____

ADDRESS: _____

CITY: _____ **State:** _____ **ZIP:** _____, **COUNTY:** _____ **PHONE:** _____

DATE ITEMS ARE NEEDED BY: _____

****Allow 2 weeks for delivery. All orders shipped by UPS. MUST HAVE A STREET ADDRESS, P.O. BOXES WILL NOT WORK TO SHIP UPS).**

Select		Name of Item	Number Requested
		<p>Quitline Iowa “Quit Card” A wallet size, plastic card with Quitline Iowa information on it. (item #513)</p>	<p>Units of 50</p>
		<p>Quitline Iowa “Quit Card” – Spanish A wallet size, plastic card with Quitline Iowa information on it. (item 513S)</p>	<p>Units of 50</p>
		<p>SPANISH: Quitline Iowa Rack Card (Brochure) Standard Quitline Iowa rackcard (item #515S)</p>	<p>Units of 100</p>

Out of
Stock



Quitline Rack Card (Brochure)
for low health literacy
(item #529)

Units of 100



Quitline Pregnancy Poster
(Item 568)

Units of 25



Quitline Pregnancy Rackcard
(Item 569)

Units of 50



Ask, Advise, Refer Folder
Max of 5 units per county
(item 593)





Units of 1




Smoking & Your Heart
(item #517)

Units of 100

	<p>Secondhand Smoke</p> <p>What is it? The smoke that comes off the burning end of the cigarette or cigar and the smoke exhaled by the person who is smoking.</p> <p>Secondhand smoke contains more than 7,000 known chemicals. Approximately 70 are known to cause cancer.</p> <p>Secondhand smoke and you.</p> <ul style="list-style-type: none"> ✓ Secondhand smoke is a known cause of lung cancer, heart disease, low birth-weight births, and chronic lung ailments such as bronchitis and asthma (particularly in children), as well as other health problems. ✓ According to the Centers of Disease Control and Prevention (CDC), more than 43,000 adult nonsmokers die every year in the United States from heart disease and lung cancer caused by exposure to secondhand smoke. <p>Secondhand smoke has more than 7,000 chemicals. 70 chemicals are known to cause cancer.</p>	<p>Secondhand Smoke Fact Sheet (item #518)</p>	<p>Units of 100</p>
	<p>What is a Hookah?</p> <p>Hookahs are water pipes used to smoke specially made tobacco that comes in a variety of flavors.</p> <p>Hookah is also known as Waterpipe, Naghla, Argileh, Shisha, Nargila, Dukka, and more.</p> <p>Hookah smoking is typically practiced in groups, with the same mouthpiece passed from person to person.</p> <p>Risks</p> <ul style="list-style-type: none"> ✓ Many users think it is less harmful, however hookah smoking has many of the same health risks as cigarette smoking. ✓ Hookah smoke has been associated with lung cancer, respiratory illness, low birth weight, and gum disease. ✓ An hour-long smoking session involves 200 puffs, while smoking an average cigarette involves 20 puffs. ✓ Secondhand smoke from hookahs can be a health risk for nonsmokers. It contains smoke from the tobacco as well as smoke from the heat source (e.g., charcoal) used in hookah. ✓ Most smokers become addicted to nicotine, a drug that is found naturally in tobacco. Hookah tobacco smoke contains nicotine. 	<p>What is Hookah (item #521)</p>	<p>Units of 100</p>
	<p>What is Thirdhand Smoke?</p> <p>Have you ever smelled tobacco smoke in a room or on a person's clothes, even when no one was smoking? This is called thirdhand smoke.</p> <p>Thirdhand smoke is the smoke that sticks to surfaces after smoking has stopped.</p> <p>Thirdhand smoke can be found on carpets, clothes, furniture, hairbrushes, and many other surfaces.</p> <p>Babies, children and pets are of particular concern for exposure to thirdhand smoke as they breathe or ingest toys while they crawl on floors, sit on car seats, cuddle adults or play with toys where toxins may have built up over time.</p> <p>Thirdhand smoke can't be removed by normal cleaning, airing out rooms, air conditioners, or continuing smoking to only certain areas of a home. Decontaminating a home or vehicle that has been smoked in may require expensive professional cleaning to remove stains and smells.</p> <p>Thirdhand Smoke ... It Stays Behind</p>	<p>What is Thirdhand Smoke (item #522)</p>	<p>Units of 100</p>
	<p>What are your reasons to quit? Here are some ideas:</p> <ul style="list-style-type: none"> • You'll protect your brain, lungs and other organs. • You will breathe easier. • You won't be giving tobacco and leaving cigarettes stuck to what they want. • You won't need to take it from your parents, brother or friend. • You will perform better at sports or during homework. • You won't be hooked for life. • You won't feel like a loser. • You won't be a second smoker. • Non-smokers will be more interested in being you. <p>Quitting alone is hard. Quitting with support is easier!</p> <p>VISIT US: mylifemyquit.com</p> <p>Text "Start My Quit" to 855.891.9989</p> <p>FOR MORE INFORMATION: 800.485.4343 (toll free) 1-800-485-4343 (toll free) 913.281.7122</p> <p>MY LIFE MY QUIT</p> <p>STAND UP TO ADDICTION</p>	<p>My Life My Quit Brochure Max of 1 unit per county (item 578)</p>	<p>Units of 50</p>

<p>Out of Stock</p>	 <p>Ready to Quit Vaping?</p> <p>TEXT "START MY QUIT" TO 855.891.9989</p> <p>MY LIFE MY QUIT</p> <p>100% FREE, CONFIDENTIAL AND MADE ESPECIALLY FOR TEENS.</p>	<p>My Life My Quit Cling (item 579)</p>	<p>Units of 25</p>
<p>Out of Stock</p>	 <p>Ready to Quit Vaping?</p> <p>TEXT "START MY QUIT" TO 855.891.9989</p> <p>MY LIFE MY QUIT</p> <p>100% FREE, CONFIDENTIAL & MADE ESPECIALLY FOR TEENS.</p>	<p>My Life My Quit quit tip card (item 584)</p>	<p>Units of 50</p>
	 <p>This time I'm taking my freedom back.</p> <p>Many teens realize they have lost their freedom. They want to stop using e-cigarettes and get their freedom back. They want to stop using e-cigarettes and get their freedom back. They want to stop using e-cigarettes and get their freedom back.</p> <p>Start your quit at MyLifeMyQuit.com.</p>	<p>My Life My Quit School Poster (item 598)</p>	<p>Units of 50</p>
	 <p>VAPING AND CIGARETTES: BOTH ARE ADDICTIVE.</p> <p>Don't think vaping is addictive? Most e-cigarette pods contain nicotine.</p> <p>Don't believe me?</p> <p>IOWASTEPOD.org</p> <p>ISTEP</p>	<p>Both Are Addictive Poster- English (item 571)</p>	<p>Units of 10</p>

		Both Are Addictive Poster-Spanish (item 571s)	Units of 10
		Think Before You Vape Poster-English (item 572)	Units of 10
		Think Before You Vape Poster-English (item 572s)	Units of 10